

MISSION POSSIBLE

Wall of Fame *Shelley Seyller*

GOAL: To find my muscles again, and lose enough weight to get into a healthy BMI range.

HOW JACKIE HELPED: She taught me how to do exercises in a way that targets many muscles all at the same time in a safe, totally effective way, that are easy to do at home. She introduced me to yoga and that combined with strength training have been my guiding force. I could have easily done any workout DVD at home but would never get the same results because it's all about the form and motivation. I'm always amazed at what a little Jackie "tweaking" offers my body. **I've lost 55 lbs. and my BMI is now in a healthy range.** Her weekly workouts keep me on track and I continue to progress in strength and overall fitness. I've recommended her to friends who've done great too. You rock, Jackie!



Client Shelley Seyller shows off her balance and strength skills that she learned from trainer Jackie Kold as part of her total body workout. **Total pounds lost: 55!**
You rock too, Shelley!